

Personal Responsibility Education Program

Approved Curricula Listing

Curriculum	Target Population	Settings	Program Description	Program Length	Delivery Methods
Be Proud! Be Responsible!	Males/Females All races/ ethnicities 13-18 year olds	In-school After school Community-based	Geared toward behavior modification and building knowledge, understanding and a sense of responsibility regarding STD/HIV risk in vulnerable youth. The intervention is designed to affect knowledge, beliefs and intentions related to condom use and sexual behaviors such as initiation and frequency of intercourse.	6 Modules 50 min each	6 weekly, 50 min sessions 3 consecutive days, 1hr & 40 min sessions each (excluding breaks/lunch) 2 consecutive days, 2.5 hr sessions each (excluding breaks/ lunch)
Be Proud! Be Responsible! Be Protective	Pregnant & parenting teens 7-12 Grade teens	In-school After school Community-based	Aims to reduce unprotected sex among sexually active, pregnancy and parenting teens by affecting knowledge, beliefs, and intentions related to condom use and sexual behaviors. It addresses the impact of HIV/AIDS on pregnancy women and their children, the prevention of disease during pregnancy and the postpartum period, and special concerns of young mothers.	8 Modules 60 min each	8 weekly, 1 hr sessions 4 consecutive days, 2 hr sessions each (excluding breaks/lunch) 2 consecutive days, 4 hr sessions each (excluding breaks/lunch)
Becoming a Responsible Teen	All races/ ethnicities 14-18 Year olds	Community-based Non-school setting	HIV prevention curriculum that includes topics and activities relevant to teen pregnancy prevention. Teens learn to clarify their own values about sexual decisions and pressures as well as practice skills to reduce sexual risk-taking. These include condom use, assertive communication, refusal techniques, self management, and problem solving. Abstinence is woven throughout the curriculum and is discussed as the best way to prevent HIV infection and pregnancy.	8 Modules 1.5 - 2 hour sessions each	8 weekly, 1.5-2hr sessions each (excluding breaks/lunch)

Cuidate / "Take Care of Yourself"	Latino youth 13-18 Year olds	In-school After school Community-based	"Cuidate (Take Care of Yourself)" is a culturally tailored program for Latino youth. It aims to reduce HIV risk and unintended pregnancies by affecting sexual behaviors such as intercourse, number of partners and condom use. The program utilizes important cultural beliefs and attitudes in the Latino community (such as familialism and machismo) to communicate the importance of risk-reduction strategies and to increase knowledge and self-efficacy skills.	6 Modules 60 min each	6, 1hr weekly sessions 2 consecutive days, 3 hr sessions each (excluding breaks/lunch) 3 consecutive days, 2 hr sessions each (excluding breaks/lunch)
Making Proud Choices	All races/ ethnicities 11-18 Year olds	In-school After school Community-based	Provides young adolescents with the knowledge, confidence and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV and pregnancy by abstaining from sex or using condoms if they choose to have sex.	8 modules 60 min each	8, 1 hr weekly sessions 8 consecutive days, 1 hr each day 2 consecutive days, 4 hr sessions each (excluding breaks/lunch) 4 consecutive days, 2 hr sessions each (excluding breaks/lunch)

Promoting Health Among Teens! Comprehensive Abstinence & Safer Sex Intervention	All races/ ethnicities 11-18 Year olds	In-school After school Community-based	This is an abstinence and safe sex intervention which provides youth with information about abstinence, safer sex practices, pregnancy prevention and the prevention of HIV and sexually transmitted infections (STIs). It is designed to improve awareness and knowledge, increase understanding, strengthen behavioral beliefs that support condom use and build refusal and negotiation skills.	12 modules 60 min each	12, 60 minute weekly sessions 12 consecutive days, 60 min sessions each 6 consecutive days, 2 hr sessions each (excluding breaks/lunch) 3 consecutive days, 4 hr sessions each (excluding breaks/lunch) 2 consecutive days, 6 hr sessions each (excluding breaks/lunch)
Reducing the Risk	All races/ ethnicities 9-12 Grade teens	In-school After school Community-based	Focused on the development of attitudes and skills that will help teens prevent pregnancy and the transmission of STDs, including HIV. The approach addresses skills such as risk assessment, communication, decision-making, planning, and refusal strategies.	16 modules 45 min each	16 weekly, 45 min sessions 2-3 days/week, 45 min sessions

Wyman's Teen Outreach Program (TOP)® Changing Scenes Curriculum® - Level I - IV	All races/ ethnicities 6-12 Grade teens	In-school After school Community-based	Designed to prevent problem behaviors by helping adolescents develop a positive self-image, effective life management skills and achievable goals. Directed toward reducing rates of teenage pregnancy, school failure and school suspension. Focus is to engage young people in a high level of community service learning that is closely linked to classroom-based discussions of future life options.	25 meetings 60 min each 20 hrs of Community Service Learning	<u>Full Fidelity</u> 25 weekly meetings over a 9-month span; w/20 hrs of community service learning.
			<u>Level 1 - 6th-7th-8th Grade Teens</u> Designed for adolescents who are experiencing changes in their physical, emotional, intellectual and social development. Focuses on growth and development, relationships with family/friends, building self-esteem and confronting influences that impact the lives of adolescents at this stage of development		<u>Minor Adaptation</u> (with ADHS approval) 25 weekly meetings with shortened program duration; w/20 hours of community service learning.
			<u>Level 2 - 9th Grade Teens</u> Designed for adolescent who are often experiencing their first love, searching for their own identity, or confronting new peer pressure. Focuses on self-awareness, dealing with emotions, peer pressure and decision-making		<u>Major Adaptation</u> (with ADHS approval) Duration of program, number of weekly lessons and community services learning hours are shortened to fit the need of the youth.
			<u>Level 3 - 10th-11th Grade Teens</u> Reflects the needs of adolescents who are struggling for independence and need to have a sense of self-initiated learning around content areas they can apply to their lives. Focuses on healthy behavior in romantic relationships, establish life values and goal setting.		<u>Pilot Application</u> (with ADHS approval) New club start date will not allow meeting a full dose of fidelity. One-time only.
			<u>Level 4 - 12th Grade Teens</u> Addresses the needs of adolescents who are preparing to meet new challenges as they approach the much anticipated yet challenging reality of finally being in control of their own lives. Focuses on helping students fine tune their skills and capacities as they embark on an exploration of adulthood		